

DINNERLY



Reduced-Carb Hoisin Chicken Salad

with Chinese Cabbage and Apple



20 minutes



2 Servings

You won't miss the carbs with this tasty salad! Toss cabbage, apple and radish in a finger-licking dressing, then top with sticky hoisin chicken.

WHAT WE SEND

- 200g Chinese cabbage
- 40g radish
- 1 granny smith apple
- coriander
- 40ml hoisin sauce ^{1,6,11}
- free-range chicken tenderloins

WHAT YOU NEED

- 1 garlic clove
- 1½ tbs vegetable oil
- 1½ tsp white vinegar
- 1 tsp honey

TOOLS

- mandoline (optional)
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 400kcal, Fat 14.5g, Carbs 24.2g,
Proteins 35.8g



1. Prep ingredients

Thinly slice the **cabbage** and **radish** with a sharp knife or mandoline. Cut the **apple** into thin matchsticks (see Kitchen hack). Crush or finely chop **1 garlic clove**. Pick the **coriander** leaves and finely chop the stems.



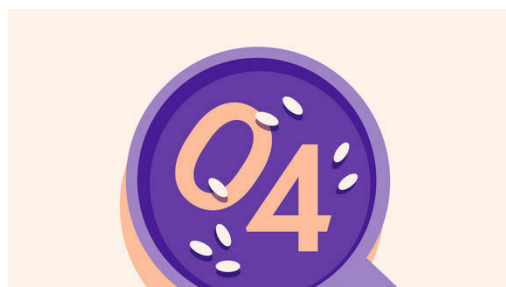
2. Marinate chicken

Combine the **garlic**, **coriander stems**, **2 tsp hoisin sauce** and **3 tsp vegetable oil** in a large bowl. Add the **chicken**, season with **salt and pepper** and turn to coat.



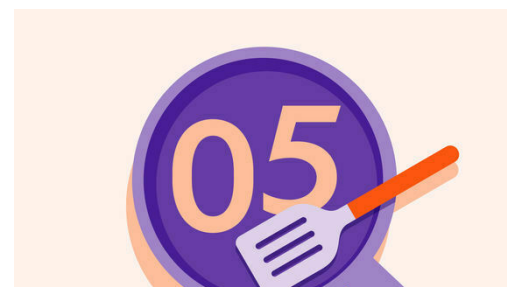
3. Pan-fry chicken

Heat a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove from the pan.



4. Make salad

Meanwhile, put the **remaining hoisin sauce**, **3 tsp vegetable oil**, **1½ tsp white vinegar** and **1 tsp honey** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **cabbage**, **apple** and **radish** and toss to coat.



5. Serve up

Slice the **chicken**. Divide the **salad** among bowls. Top with the chicken, scatter over the **coriander leaves** and enjoy!



6. Kitchen hack

Here's an easy way to cut an apple into matchsticks: quarter the apple, remove the core, then thinly slice. Stack the slices and cut into matchsticks.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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Packed in Australia
from at least 95%
Australian ingredient.